FOUNDATIONS FOR SELF-DISCOVERY AND LIFE-LONG LEARNING: UNIV 110
SPRING 2015
LOCATION: GIBBS RECREATION CENTER CLASSROOM 220
WEDNESDAYS: 2:30 PM-5:00 PM

INSTRUCTOR
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COURSE OVERVIEW

College is an opportunity for you to be the architect of the next four years in your life. What organizations you elect to join, the relationships you cultivate, personal wellness decisions, and what your life after graduation will look like will be dictated by your decisions. Rice University has numerous resources and support networks designed to assist you throughout your time on campus. While this course will introduce you to a number of these, the aim of this course is to facilitate critical thinking about your own undergraduate experience and transition to college and equip you with the knowledge, tools, and resources to shape your Rice experience. Central to this course is the concept of discovery and it will be used to support your examination of the following big picture questions:

- **WHO AM I IN THIS NEW ENVIRONMENT? WHO DO I WANT TO BE?**
- **HOW DO I DEFINE ACADEMIC AND PERSONAL SUCCESS IN COLLEGE?**
- **WHAT ARE MY PERSONAL VALUES AND ARE MY PERSONAL AND ACADEMIC CHOICES REFLECTING THESE IDEALS?**

COURSE LEARNING OBJECTIVES

- **Understand the resources and support networks available on campus, identifying your own personal network for support and guidance**
- **Identify your pathway to academic, personal, social and emotional wellbeing at Rice**

CLASS EXPECTATIONS

- **This course is not a lecture format.** In order to be successful in this learning community, your participation in the class and its activities will be essential. As detailed in the grading section, attendance will be critical to achieving a successful grade in the course as will being attentive and "present" during the classes.
    - For the purposes of this class, participation means engaging with the group, actively participating in discussions (whether in a small group or full class format), and contributing to the ideas being generated in that class session. **The quantity of these interactions is less important than the quality of the contributions.**
- **This is a learning environment** in which everyone will be asked to share, challenge each other, challenge yourself, and ask questions when there are things that you do not understand. In this diverse classroom setting, it is an expectation that you will respect the perspectives shared by your peers and remain mindful that the class is comprised of individuals with varied life experiences that may differ significantly from your own.

- **This is course is what you make of it.** Students who take it seriously, use it as an opportunity for personal discovery, engage with their classroom community, and fully participate will gain more than those who merely occupy a seat each week. Instructors and peer guides are the facilitators of your knowledge. It is up to you to take what you learn, synthesize it, and do something meaningful with it.
- **While it is important in all of your classes to come prepared and do your readings, it is especially important in UNIV 110.** We are a community of learners and in order to maximize everyone's experience, it is imperative that we are all able to engage in the discussion. Because there are so few readings, they become extremely important. Make sure that you have not only prepared for each class period, but are ready to respond, react, and reflect on the reading with your classmates.

STATEMENT ON DISABILITIES:
Any student with a disability requiring accommodations in this class is encouraged to contact the instructor after class or during office hours. Additionally, students should contact the Disability Support Services office in Allen Center, Room 111, 713-348-5841.

HONOR CODE:
Students are expected to abide by the Rice University Honor Code as described in the Honor System Handbook at http://honor.rice.edu/honor-system-handbook/. If at any point in the course, you are unclear about the honor system and how it works in this course, please contact the instructor or the peer guide.

OWLSPACE:
All course readings will be uploaded onto OwlSpace. The instructor and peer guide will utilize this as their primary means of interfacing with the class outside of course areas. Make sure to check this site frequently for course updates or additional course materials.

STATEMENT OF SUPPORT:
The Peer Guides and Instructors of this class are here to help you both with the course curriculum as well as your transition at Rice. If you have questions, concerns, or just need to talk about a problem or issue and are uncertain where to start, please seek us out. We are invested in your academic, emotional, and interpersonal success at Rice.

ASSIGNMENTS AND GRADING:

OUT OF CLASS ASSIGNMENTS:	**40 POINTS**
FOUNDATIONS CHECKLIST & BLOG:	**25 POINTS**
ATTENDANCE AND IN CLASS PARTICIPATION:	**20 POINTS**
CAPSTONE PRESENTATION:	**15 POINTS**
TOTAL POINTS AVAILABLE TO BE EARNED:	**100 POINTS**

All foreseeable absences should be approved prior with the instructor. If you miss a class and there is an in class activity, it is your responsibility to follow-up with either the instructor or peer guide to get any materials that you missed or else you will forfeit the points for that assignment.

****A significant portion of your grade is based on your participation in and engagement IN CLASS. It is very difficult to be successful if you have significant numbers of absences.**

Assignment	Additional Details	Point Assignment
OUT OF CLASS ASSIGNMENTS		**40 TOTAL PTS**
Vision Board	Design a vision board or display that represents who you are and how you came to be that person. The board should include images from magazines, pictures, or hand drawings which communicate what you value **Due: January 27**	10
Vision Board Reflection	3-5 page paper reflecting on the experience of constructing the Vision Board as well as reactions to your peers' Vision Boards. **Due: February 3**	5
Reaction Paper	3 page reflection paper on the "Cult of Busyness" and how it relates to your Rice experience **Due: February 24**	5
Exploring Leadership Interview and Reflection	Conduct 2 interviews with someone in your desired field or professions. Write a 3 page summary highlighting their perspectives on leadership **Due: March 16**	10
Career Genogram	Complete a visual roadmap that outlines the careers and occupations of your family or significant influences throughout your life. **Due: March 23**	5
Career Genogram Reflection	3-5 page paper synthesizing what you discovered about your career choices, familial career trends, and your definition of success **Due: March 30**	5
FOUNDATIONS CHECKLIST & BLOG One of the goals of this class is for you to interact with your community and discover what this environment has to offer outside of the classroom. You must complete 5 total items on this checklist, 3 from the low engagement category and 2 from the high engagement category. You must select either a low or a high engagement exercise from each of the 5 out of 6 topical areas. **You cannot complete all of your exercises in the same topical area or you will not receive completion credit.** **All Foundations Checklist Verification Forms must be submitted no later than the final class day.** Foundations Checklist Blog: After completing all of the items on your checklist, submit a blog (minimum 250 words) that highlights what you learned from your experiences. **Due: April 22**		**25 TOTAL PTS** **20 FOR THE ACTIVITIES** **5 FOR THE BLOG**
CAPSTONE PRESENTATION: 15 TOTAL POINTS In small groups of students, develop a "last lecture" style presentation to discuss your journey thus far at Rice. **DUE: APRIL 6**		

Assignments and Readings

Class	Discussion Topics	Readings/Assignments **Readings are due in class on the date listed on the syllabus
Theme: Introduction to UNIV 110		
1/13	Course Overview and Community Building	
	Introduction to Values	
Theme: Understanding Your Values		
1/20	Values & Culture	*Reading: Excerpt from Excellent Sheep--Deresiewicz*
	Rice Culture & How it Shapes our Choices *Guest Speaker: Dr. John Hutchinson, Dean of Undergraduates*	Prepare at least 1 question for the speaker. This will be turned in at the end of class. ***Participation points will be based on this for the class period*
Theme: Life Inside & Outside the Hedges		
1/27	Culture & The College System	*Reading: Cycle of Socialization--Harro*
	Visioning & Goal Setting	**Due: Vision Board**
Theme: Decision-Making & Time Management		
2/3	Sound Decision-Making	**Due: Vision Board Reflection**
	Time Management	*Reading: Excerpt from Scarcity—Mullainathan & Shafir*
Theme: Academic Success at Rice		
2/10	Classroom 101: Engaging with Faculty *Guest Speaker: Faculty Member*	Prepare at least 1 question for the speaker. This will be turned in at the end of class. ***Participation points will be based on this for the class period*
	How Do I Learn?	
February 15: Should have completed at least one Foundations Checklist Item		
2/17	Healthy Academics at Rice *Guest Speakers: Representatives from the Office of Academic Advising*	Prepare at least 1 question for the speaker. This will be turned in at the end of class. ***Participation points will be based on this for the class period*
	Stress & Mental Health	*Reading: Cult of Busyness—Lambert*
Theme: Communication & Conflict		
2/24	Communication Styles	**Due: Cult of Busyness Reaction Paper**
	Conflict Management	
SPRING BREAK: NO CLASS		

Theme: Healthy Relationships Identity		
3/9	Love, Dating, Sex & Healthy Relationships ***Guest Speaker: TBD***	
	Identity Development	*Readings: Cycle of Liberation—Harro* *Complexity of Identity--Tatum*
Theme: Identity Cont. Leadership Development		
March 15: Should have completed at least three Foundations Checklist Items		
3/16	Identity Development Cont.	**Due: Exploring Leadership Paper**
	Leadership @ Rice	
Theme: Leadership Development Cont. Career & Major Exploration		
3/23	Voices of Leadership *Guest Speakers: Student Leader Panel*	Prepare at least 1 question for the speaker. This will be turned in at the end of class. ***Participation points will be based on this for the class period*
	Connecting Majors, Careers, and Values	**Due: Career Genogram**
3/30	Rice's Career Resources & In Class Group Project Workday *Guest Speaker: Center for Career Development*	**Due: Career Genogram Reflection**
3/31	**NO CLASS: SPRING RECESS**	
4/6	Capstone Presentations	
4/13	Next Steps & Community Closure	
April 22: Due: Foundations Checklist Blog & All outstanding Checklist Verification Forms due to Instructor by 5:00 pm		